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Nocturnal enuresis in children between laser acupuncture and medical treatment: A comparative study**Jehan Alsharnoubi**
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Introduction & Objective: Nocturnal Enuresis (NE) is intermittent involuntary voiding during sleep in a child aged five years or more. The study was conducted to compare the effect of using laser acupuncture and medication for the treatment of children with Nocturnal Enuresis (NE) and evaluation of urodynamic parameter after treatment.

Patients and methods: A randomized study included 45 children ranged from five to 15 years presenting with NE. They were randomized into three equal groups: group A, managed with desmopressin acetate; group B, managed with laser acupuncture and group C, managed with a combination of laser acupuncture and desmopressin; all groups received behavioral therapy. The children were evaluated before and after three months of the study to record the efficacy of therapy, side-effects and bladder capacity and three months of follow-up after cessation of treatment by bladder diary.

Results: A statistically significant higher cure rate was reported in group B patients (73.3%) while in groups A and C improvement was reported in 20.0% and 13.3%, respectively (p value=0.002).

Conclusion: Laser acupuncture is non-invasive, painless tool, with no side effects and lower recurrence rate which can be considered as an alternative therapy for patients with NE.

Biography:

Jehan Alsharnoubi has completed her PhD in Pediatrics at the age of 30 years from Cairo University and postdoctoral studies from Oslo University School of Medicine. She is the Head of the Pediatrics unit at National Institute of Laser Enhanced Sciences (NILES) Cairo University, and the director of the Pediatrics laser acupuncture unit. She has published more than 20 papers in reputed journals and she serves on the editorial boards of several journals and periodicals and is an active reviewer for the leading medical journals in Pediatrics. Also she is working as a principle director for several projects.

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